The Necklace of our Acharya Lineage

Sri Manavala Mamuni, Sri Thiruvaiyempozi Pillai, Sri PillaiLokacharya, Sri Vadakku-Thiruvidhi Pillai, Sri Nampillai, Sri Nandiyar, Sri ParasaraBhattar, Sri Embar,
Sri Ramanuja,
Sri Parankusa, Sri Yamunacharya, Sri RamaMisra, Sri Pundarikaksha, Sri Nathamuni,
Sri Sattakopaya, Sri Vishvakusa
Sri (Maha Lakshmi, the Divine Mother), Sridhara (SrimanNarayana)
Everyday, one should wake up at dawn, and take a head bath. One should wear thirumaN. After that, one should perform sandhyaa vandhanam (morning, and afternoon). One should not eat before performing thiru aaraadhana. One can do thiru aaraadhana to a vigraha, saaLagraama, a photo/painting of the Lord, aazvhaars or aachaaryaas, abhya hastham from the Lord, or the paadukaas of one’s aachaarya.

Even if one has taken bath in the morning, chances are that some form of impurity might happen between the time one takes the bath to the time one starts performing thiru aaraadhanam. So, it is good to do a mantra snaana before starting the performance of thiru aaraadhana.

**mantra snaana**

Recite the following sloka

$Puvi\, moomDHni\, that\, aakaaSE\, moomDHni\, aakaaSe\, thathaa\, puvi\, aakaaSe\, puvi\, moomDHni\, syaath\, aapOhistEthi\, mantratha:\newpage$

Recite the following - with every statement, take water with the tip of the fingers (middle & ring) and spray water on the top of the head (do prOkshaNam).

$Aum\, aapOhshtaa\, mayo\, Bhuva:\$
$tha\, na\, oorjE\, dhaDhaathana\$
$mahEraNaaya\, chakshasE\$
$yOvas\, SivathamO\, rasa:\$
$thasya\, BhaajayathE\, hana:\$
$uSatheeriva\, maathara:\$
$thasmaa\, aranga\, maamava$

For this statement, please spray water droplets on the two knees

$yasya\, kshayaaya\, jinvaTha$

For this statement, please spray water on the top of the head

$aum\, aapOjanayaThaa\, cha\, na:$

**Bringing the thuLasi leaf**

Take a clean vessel, or a clean leaf, and go near the thuLasi plant. With bhakti, recite the following sloka

$thuLasyaamrutha\, jannaas\, sadhhaa\, thvam\, kESavpriyE\, kESavaarTham\, lunaami\, thvaam\, varadhaa\, Bhava\, SOBhathE\ |

and pluck the leaves from the thuLasi plant. Keep the thuLasi near the place where you are going to perform thiru-aaraadhanam. Light the lamp. The lamp should be lit atleast till the time thiru-aaraadhanam is completed.

\{It is considered a sin if people who are unclean pluck leaves from the thuLasi plant; plucking with haste, without patience/gentleness, or plucking branches instead of leaves is also considered a sin\}.

**Opening the door to the sanctum**

Prostrate completely before the sanctum. (saashtaanga namaskaaram). Recite the following:

$na\, Dharma\, nishtOsmi\, na\, chaathma\, vEdhI$
$na\, Bhakhthimaams\, tvath\, SaraNaaravindhE\ |
$akinchanO\, ananya\, gathiS\, SaraNya$
$tvath\, paadha\, moolam\, SaraNam\, prapaDhyE\ |

$aparaadha\, sahasra\, Bhaajanam$
$pathitham\, Bheema\, BhavaarNavOdharE\ |
$agathim\, SaraNaagatham\, harE$
$krupayaa\, kEvalam\, aathma\, saathkuru$ $

$kausalyaa\, suprajaa\, raama\, poorvaa\, sanDhyaa\, pravarathathE\ |
$uththishTa\, naraSaaardhoola\, karthyyam\, dhaiVamaahnikam\ |
$uththishTOTHthishTa\, gOvindha\, uththishTa\, garuDaDhvaaja\ |
$uththishTa\, kamalaakaantha\, thrailOkyam\, mangaLam\, kuru$ |

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After reciting the above slokaas, open the door (or the curtain) to the sannidhi.

Do thiru-aalavatta kainkaryam to the Lord (fan service – "visiRi"; use a small fan that is kept only for the Lord); Remove the flowers/thuLasi etc, that were offered the previous day. Add water (new) to the thiru-k-kaavEri vessel & add parimaLam (powdered saffron, elaichi). The thiru-k-kaavEri vessel can also be a sembu.

Clean and check the vessels to be used for thiru-aaraadhana. Place the vessels to be used for thiru-aaraadhana in the appropriate positions, as in the diagram below.

**Vessel layout for thiru-aaraadhana**

1 = paadya vattil – water to be offered to wash the feet of the Lord
2 = aachamaneeya vattil – water to be offered for the Lord to gargle
3 = snaaneeya vattil, or paaneeya vattil - before thirumanjanam, water to offer to the Lord for thirumanjanam; after thirumanjanam, this is the vattil for water for the Lord during eating
4 = arghya vattil – water to be offered for washing the hands of the Lord
5 = sarvaartha thOya vattil – water to clean the udhdhriNi between upachaarams.
6 = pratigraha vattil – vattil for puring water after offering to the Lord
7 = sudhdhOdhaka vattil
8 = arghya vattil for offering arghya to one's aachaarya.

Using the ring finger of your left hand, and write the word "yam" (preferably in samskrit script) on the palm of the right hand. Recite "yam vaayavE nama: Soshayaami", and show the Right hand to the materials kept for performing thiru-aaraadhanam (the vessles, thuLasi, chandanam etc.).

Write the word "ram" (preferably in samskrit script) on the palm of the right hand. Recite "ram agnayE nama: dhaahayaami", and show the right palm to the materials kept for performing thiru-aaraadhanam.

Write the word "vam" (preferably in samskrit script) on the palm of the LEFT hand using the right hand ring finger. Recite "vam amrutaaya nama: plaavayaami", and show the left palm to the materials kept for performing thiru-aaraadhanam.

Place the right hand on the top of the thiru-k-kAvEri vessel, and recite "srImathE naaraayaNaaya nama:" 7 times.

Say veeryaaya asthraaya phat, take a little bit of water from the thiru-k-kaavEri in the uddrNi, and pur a drop in the vessels kept for thiru-aaraadhana.

Now, say "gnyaanaaya hrdayaaya namah", and pour water from the thiruk-kaavEri vessel into the vattils.

Show the surabhi mudra to each vessel.

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Surabhi mudra

Keep your right hand on each vattil, and recite

Om namO naaraayaNaaya arghyam parikalpayaami
Om namO naaraayaNaaya paadyam parikalpayaami
Om namO naaraayaNaaya aachamaneeeyam parikalpayaami
Om namO naaraayaNaaya snaaneeyam parikalpayaami
Om namO naaraayaNaaya sarvaartha thOyaam parikalpayaami

Take a spoonful of water from the arghya vattil in the udhdhriNi, place a flower on the udhdhriNi on the water; using your left hand, hold the udhdhriNi at the chest level. Cover the udhdhriNi using the right hand, and recite "srImathE naaraayaNaaya nama:" 7 times. Recite "vim virajaaya nama:". (In this procedure, the performer is inviting waters from the river viraja, cauvEry etc., to come and be used for emperumAn's thiru-aaraadhanam).

Now, pour a drop of the water from the uddhrNi into all the vessels, the materials kept for thiru aaraadhana, and on your head.

At this time, one has to perform thiru-aaraadhanam to one's aachaarya vigraham, or His paadhuka. Many people do this in a maanaseeka way (mentally). Place a few flower petals at the feet of your aachaarya's photo/vigraha/paadhuka, and recite "asmad
Mentally, get into the state of performing thiru-aaraadhanam to the Lord by being the right hand of your aachaarya – i.e. it is your aachaarya that is performing thiru-aaraadhanam, and you are being a tool for your acharya. You can also say "aachaaryaan thiru-k-kaigaLaal emperumaan thiru-aaraadhanam kaNdu aruLa vENdum".

Recite

savyam paadam prasaarya aasritha dhurithaharam
dhaksiNam kunchayithvaa
jaanun yaadhaaaya save dharma idhara bhijam
naagabhOgE nidhaaya
paschaath Bhaahu dhvayEn prathipaTa SamanE
dhaarayan Sanka chakrE
deEvee Bhooshaadhi jushtO vitharathu jagathaam
charma vaikuNTa naadha:

**mantraasanam**

Take a few thuLasi leaves (a few flower petals if no thuLasi is available), and offer them to the Lord by placing them at the feet of the Lord, and reciting "Om namO naaraayaNaaya, mantraasanam samarpayaami".

Take water from the arghya vessel, and offer it to the Lord by reciting "Om namO naarAyaNaaya arghyam samarpayaami" (offer it to the Lord's hands); Pour the water into the pratigraha paatram.

Dip the uddhhrNi into the sarvaartha thOyam vessel.

Take water from the paadya vessel, and offer it to the Lord by reciting "Om namO naaraayaNaaya paadyam samarpayaami" (offer it to the Lord's feet); Pour the water into the pratigraha paatram. Do this procedure twice.

Dip the uddhhrNi into the sarvaartha thOyam vessel.

Recite

Take water from the aacamanlya vessel, and offer it to the Lord by reciting "Om namO naarAyaNaaya aachamanlya samarpayaami". Pour the water into the pratigraha vessel. Do this thrice.

Take the "plautha" vastram (a piece of dry cloth) kept for the Lord; using one tip, wipe the Lord's lips & His hands; Using the opposite tip, wipe the Lord's feet. (do as if you are wiping).

In the rest of this booklet, when it is mentioned "do arghya Paadya aachamanlyaam", please repeat the above procedure starting from taking the water from the arghya vessel ending with the wiping of the Lord's feet.

Recite "samstha parivaarAya sarva maNgLa vigrahaaya srImathE naaraayaNaaya nama:"; this brings the "mantraasanam" to end.

**snaanaasanam**

Recite "Om namO nAraayaNaaya snaanaasanam samarpayaami", and offer a couple of thuLasi leaves and a flower at the feet of the Lord.

Do arghya Paadya aachamanlyaam.

Place the Lord (vigraha, or the saaLagraama) on a plate used for thirumanjanam; There is a special vessel known as "thirumanjana vEdhi" that may be used too.

Take water using the uddrNi from the snaaneeya vattil, and offer it to the Lord saying "Om namO naaraayaNaaya snaaneeyam samarpayaami", and pour the water into the pratigraha paatram.

Take a thuLasi leaf (or a flower petal), and recite "srImathE naaraayaNaaya nama:, dhantha sudhdham kaNdu aruLa vENdum", and do as if you are brushing the teeth of the Lord.
Take another thuLasi leaf (or a flower petal), and recite "srImathE naaraaYaNaaya nama:, dhantha dhaavanam kaNdu aruLa vEnDum", and do as if you are cleaning the tongue of the Lord.

Take water from the sarvaartha thOyam vessel, and offer to the Lord to gargle His mouth, and wash His hands. recite srImathe naaraayaNaaya nama:, aachamanlyam samarpayaami, and srImathE naaraayaNaaya nama: arghyam samarpayaami during this procedure for the mouth and hand respectively.

Now, perform thirumanjanam (abhishEkam) to the Lord; take water from the snAnlya vattil, and gently pour on the Lord; Recite pancha sUktham during this time (purusha, naaraayaNaNa, vishNu, Sri, bhU sukthams). At the end of performing thirumanjanam, recite the "veNNai aLaintha kuNungum decade from periyaazhvaar Thirumozhi".

You can perform thirumanjanam using water, milk, curd (home made preferably), honey etc. one by one.

After the thirumanjanam is done, pour water from ALL vattils into the pratigraha pAtram. Using a clean cloth kept only for the Lord' use, wipe the Lord clean (thiru oRRu aadai).

Take the perumaaL back into His usual place (inside the kOyil aazhvaar).

alankaaraasanam

recite "Om namO naaraayaNaaya aalankaara aasanam samarpayaami", and offer a couple of thuLasi leaves & flowers at the feet of the Lord.

Fill the vattils with new water from the thiru-k-kaavEri vessel. do arghya paadya aachamanlyam.

Offer vastram to the Lord; "Om namO naaraayaNaaya vastram samarpayaami".

Offer kreetam and other ornamaents to the Lord; recite
"spurath kirITAangatha haara kaNdikaa maNIdra kaanchee guNa noopuraadhhibhi: rathaanga sankhaasi gadhaa dnahur varai: lasath thuLasyaa vanamaalaya ujvalam".

Offer oordhva puNdram to the Lord; recite "Om namO naaraayaNaaya oordhva puNdram samarpayaami".

Offer sandal paste to the Lord; recite gandhadhvaaraam dhuraadharshaam nithyapushtaam karIshiNeem| eesvareegum sarvabhoottaanaam thvaamihOpahvayE sriyam||

Offer pushpam to the Lord; Recite the aainrai mEykka nee pOdhee decade from periyaazhvaar Thirumozhi.

Offer arghya paadya aachamanlyam.

Offer dhoopam to the Lord. Recite
Om. dhoorasi dhoorva dhoorvantham dhoorvatham yOosmaan dhoorvathi tham dhoorvayam vayam dhooravaamas thvam dhEvaanaam asi. dhoopam aakraapayaami"

Offer dheepam to the Lord. (Before offering dheepam, do prOkshaNam on the dheepam). Recite
"udhdhIpyasva jaathavrEdhO pagnan nirruthim mama | pasUguscha mahyamaavaha jIvananamcha dhiSO daSa||".

Now, do mantra pushpam. (This is basically the beginning of the 4 vEdaas and key granthaas in our SampradAyam).

hari: Om
agnimILE purOhitham yagnya daEvimrithvajam| hOthaaram ratnadhAthamaa| hari: Om
Om kEsavaaya nama:
Om naaraayanaaya nama:
Om maadhavaaya nama:
Om gOvindhaaya nama:
Om viShNavaaya nama:
Om madhusoodhanaaya nama:
Om thrivikramaaya nama:
Om vaamanaaya nama:
Om hrusheekEshaaya nama:
Om padhmanaabhaaya nama:
Om dhaamOdharaaya nama:
Om vaasudEvAya nama:
Om samkarshanaaya nama:
Om pradhyumnaaya nama:
Om anirudhdhaaya nama:
Om mathsyaaya nama:
Om koormaaya nama:
Om varaahaya nama:
Om naarasimhaaya nama:
Om vaamanAya nama:

Om vaasudEvAya nama:
Om samkarshanaaya nama:
Om pradhyumnaaya nama:
Om anirudhdhaaya nama:
Om mathsyaaya nama:
Om koormaaya nama:
Om varahaaya nama:
Om naarasimhaaya nama:
Om vaamanAya nama::

senraal kudaiyaam irundhal singaasananamaam,  
nIraRaal maravadiyaam neel kadaluL, enRum  
puNatiyaam aNiviLakkaam poompattaam pulkum  
aNiyaam thirumaarkku aRAvu  (2 times)  
kadhAa puna: sanka rathaaga karlpaka  
dvajaaarvindhaakuSa vajra laanchananm |  
trivikrama tvath caraNaambuja dvaayam  
madheeya moorDhaanam alamkarishyathi ||  

Sri maadhavaangri jalajadvaya nithya sEvaa  
prEmaa vilaasaya paraankusa paada padmam ||  
kaamaadhi DOsha haram aarsriitha padaarthaanaam  
raamaanujam yathipathim praNamaami moorDhnaa ||

Now, using flowers or thuLasi leaves, perform archana to the Lord

Om kEsavaaya nama:
Om naaraayanaNaaya nama:
Om maadhavaaya nama:
Om gOvindhaaya nama:
Om viShNavaaya nama:
Om madhusoodhanaaya nama:
Om thrivikramaaya nama:
Om vaamanaaya nama:
Om sreedharaaya nama:
Om hrusheekEshaaya nama:
Om padhmanaabhaaya nama:
Om dhaamOdharaya nama:

Om vaasudEvAya nama:
Om samkarshanaaya nama:
Om pradhyumnaaya nama:
Om anirudhdhaaya nama:
Om mathsyaaya nama:
Om koormaaya nama:
Om varahaaya nama:
Om naarasimhaaya nama:
Om vaamanAya nama::
Now, depending on the amount of time you have, you should recite starting with sreesailEsa dayaa paatram and the thaniyans, all, or part of nityaanusandhaana pasurams from the naalaayira divya prabhandham.

This completes alankaara aasana.

**bhOjyaasana**

Offer a couple of flowers and/or thuLasi leaves at the Lord’s feet, and say “Om namO naaraayaNaaya, BhOjyAsanam samarpayaami”.

Offer argya-paadya-aacamanlyam.

Place all food items in front of the Lord. Do prOkshaNam to them with the dvaya mantra.

Offer food to the Lord. Use the mudra known as graasa mudra (thumb touching the ring and middle fingers of the right hand).

Touch the food, and take the hand with the graasa mudra near the mouth of the Lord (offering food..); recite “praaNaaya svaaha, apaanaaya svaaha, vyaaNaaya svaaha, udaanaaya svaaha, samaanaaya svaaha, brahmaNE svaaha”.

Take water from the paanlya vattil (used to be snaanlya vattil before thirumanjanam), and offer water by reciting “madhyE madhyE paanlya samarpayaami”.

Recite the following paasurams:

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koodaarai vellum seerk kOvindaa * unRannaip paadip paRaikoNdu yaam perR sannaamam *
aadu pugazhum parisinaal nanRaaga*
soodagamE thOLvaLaiyE thOdE sevi-p-pooveE*
naadai uduppOm adhan pinnE paaRsORu*
moodu ney peidhu muzhangai vazhivaaRa*
koodi irundhu kuLirndhELO remppaavaai.
naaRu narumpozhil maalirunchOlai nambikku * naan nooru thadaavil veNNai vaay nErndhu paraavi vaitthEn*
nooru thadaa niRaindha akkaara adisil sonnEn* ERu thiruvudaiyaan inRu vandhu ivai koLLum koLO.
inRu vandhu iththanaiyum amudhu seydhida-p-peRil* naan onRu nooRaayiramaagak koduththu pinnum aalum seyvan*
thenRaI maNam kamazhum thirumaalirumsOlai thannuL ninRa piraan* adiyEn manaththE vandhu nErpadilE.
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Offer water to the Lord from the paadya vattil and the aachamanlya vattil – recite “‘hastha mukha paada prakshALana aacamanlyaani samarpayaami’”.

**Punar mantraasananam**

Offer a couple of flowers and/or thuLasi leaves at the Lord’s feet, and say “Om namO naaraayaNaaya, punar mantrAsanam samarpayaami”.

Offer argya-paadya-aachamanlyam.

Offer betel leaves, betel nuts & fruits to the Lord. There is no need to do graasa mudra at this time.

Do prOkshaNam to the neeraajanam (karpoora aarathi, or ghee-deepa aarathi). Now, recite the following and do aarathi to the Lord and aachaaryaas.

_Tad vishNO: paramam padam sadaa paSyanthi sooraya:, diveeva cakhuraathatham, tadvipraasO vipanyavO jaagruvuagm sassaminDhathE, vishNOrya paramam padam._

_paryaапtya anantaraayaaya sarvasthOmO athi raatramuththama maharbhavathiy sarvasyaapthyai sarvasyya jithyai sarvamEva thEnaapnOthi sarvam jayathi._

_lakshmI SaraNalaakshaanga saakshI srvatsa vakshasE | kshEmangaraaya sarvEshaam srvI rangESaaya mangaLam ||_

_sriya: kaanthhya a kalyyaNa nidhayE nidhayErththinaam | srvI vENkata nivaasaaya srvINivaasaaya mangaLam ||_

_asthu srvItthana kasthUri vaasanaa vaasithOraE | srvI hasthigiri naathaya va veraajaaya mangaLam ||_

_kamala kucha kasthUri karthhamangitha vakshasE | yaadaavaadi nivaasaaya sampath prutaaya mangaLam ||_

_srlmathyai vishNu chittaayai maNO nandana hEthavE | nanda nanda sundaryai gOdaayai nithya mangaLam ||_

_srl nagaryaam mahaa puryaam thaamraparaNi uttarE thatE | srl dhindhrini moola dhaamnE srvI SaTakOpaaya mangaLam ||_

_srlmad aalI srvI nagarI naathaaya kali vairINE | catush kavi pradaanaaya parakalaaya mangaLam ||_

_srlman mahaabhUthapurE srvImath kEsava yajjvana: |

Recite the following paasurams:

_siRRam siRukaalE vandu unnaich chEviththu* un poRRaa marai adiyE pORRum porul kELaay * peRRam mEyththu uNNum kulaththil piRandhu nee* kuRREval engaLaik kOllaamal pOgaadhu* iRRaip paRa kOvvaan anRukaan kOvindhaa * eRRatikkum EzhEzh piRaikkum * uNRRoODe uRRoOmE aavOm unakkE naam aacheyvOm * maRRai nam kaamangaL maarRELO rempaavaai. (2 times)_

_vangak kadal kadaindha madhavanaik kEsavanai * thingaL thirumugaththuch chEyizhaiyaar senRiRainji* angap paRa koNda vaaRRai * aNipudhuvaip paingamalath thaNderiyal pattaribiraan kOdhai sonna * sangath thanizh maalai muppadhum thappaamE * ingip perisuraippaar eeriraNdu maal varaith thOL * sengaN thirumugaththuch chelvath thirumaalaal * engum thiruvaruL peRRu inputuva rempaavaai. (2 times)_

_iruppidam vaikundham vENkatam * maalirunchOlai ennum poruppidam maayanukku enbar nallOr* avai thannodum van dhiruppidam maayan iroaamanaus manaththu* inRavan van dhiruppidam* enRan idhayathuLLE thanakku inbuRavE. (2 times)_

_inbuRRa seelaththu iraamaausaa. enRum evvidaththum enbuRRa nOi usal thORum piRanThRandhu* eNNariya thunbuRRu beeyum solluvadhu onRuNdun un thoNdarkatkE anbuRRu irukkumpadi* enna aakki angaat paduththE. (2 times)_
angayal pay vayal thennarangan * aNiyaaga mannum
pangaya maamalarp paavaiyaip pORRudhum * paththiyellaa
thangiya thennath thazhaiththu nenchE nan thalaimisaivy
pongiya keerthhti * iraamaanuzan adi-p-poo mannavE (2 times).

poomannu maadhu porundhiya maarban * pugazh malindha
paamannu maaRan adi paNiNdu uyndhavan * palkalaivyOr
thaam mannavandha iraamaanusan charaNaaravindham
naam manni vaazha * nenchE solluvOm avan naamaNGaLE.

Now, perform aarathi to the Lord while reciting the following

pallaaNdu pallaaNdu pallaayiraththaaNdu *
palakOdi nooRaayiram
mallaaNda thiNthOl maNiNaaNaa * un
sEvadi sevvi thiru-k-kaappu.

adiyOmOdum ninnOdum pirivinRi aayiram pallaaNdu *
vadivaay nin valamaarbinil vaazhkinRa mangaiyum pallaaNdu *
vadivaar sOdhi valaththuRaiyum sudaraazhiyum pallaaNdu *
padaipOr pukku muzhangum appaancha sanniyanum pallaaNdE.

Finish doing the aarathi. Now offer theeerththam from the
pratigraha vessel to any Azhvaars and aachaaryaas you may have
in your sannidhi. Before offering Theertham, offer some of
perumAL’s flowers to the aazhvaars and aachaaryaas and say
"aruLa-p-paadu <insert aazhvaar/aachaarya’s name here>" - for
example, "aruLa-pp-aadu nammaazhvaar", "aruLa-p-paadu
emberumaanaar", "aruLa-p-paadu maNavaaLa maamunigaL".

Now, recite the following:

pooruvaachaariyarkaL pOdham anuttaanangaL *
kooRuvaar vaarththaigaLaik koNdE neer their *
iruL tharumaa gnyaalaththE inbamuruRru vaazhum*
theruL tharumaa thEsiGanaich cHERndhu. (2 times)

indha upaDeSa ratththina maadal thannai *
sindhai thanil naaLim sindhippaar* endhai
ethiraasar innaruLukku enRum ilakkaagi *

sathiraaka vaazhndhiduvar thaam. (2 times).

mannuyirgaaL ingE maNavaaLa maamunivan*
ponnadiyaam senkalamp pOdhuGaLai * unnich
siruththaalE theeNdl amaanaavanum nammai *
karaRthhaalE theeNdal kadan.

diganthavyapainee Bhooyaath saa hi IOkahithaishiNee ||

srIman! srIrangasriyam anupadrhavaam anudhinam
samvarDhaya |
srIman! srIrangasriyam anupadrhavaam anudhinam
samvarDhaya ||

tERumpadi uraikkum seer.  ... vaazhiyE * karuNai pongiya kaNNai vaazhiyE *
poyyilaadha maNavaaLa maamuni
pundhi vaazhi pugazh vaazhi vaazhiyE *
adiyaargaL vaazha aranga nagar vaazha
sadagOpan thaNdamizh nool vaazha * kadalsoozhndha
maNNulagam vaazha* maNaavaLa maamuniyE
innuromu nooRRaaNdu irum.

kOdhai pRandhavoor gOvindan vaazhumoor
sOdh maNaimaadam thOnRumoor – needhiyaay
nallapaththar vaazhumoor* naaNamaRaigaL Odhumoor
villipuththUr vEdha-k-kOn oor.

paadhangal theerkkum paraman adikaattum
vEdham anaiththukkum vuththaagum * kOdhai thamizh
aiatyndhum aiyndhum aRiyadha maanidaraai
vayyam sumappadhum vambu.

thiruvaadi-p-pooraththu segaththudhitthaal vaazhiyE *
thurppaavaai muppahum seppinaaL vaazhiyE *
petyavaazhaar peRReduththa peNNiLLai vaazhiyE *
perumboothoor maamunikku pinnaanaaL vaazhiyE *
oru nooRRuu naarpahthhu moonRu uRaiththaal vaazhiyE *
uyar arangaRkE kaNNi ugandhu aLiththaal vaazhiyE *
maruvaarum thirumallI vaLanaadi vaazhiyE *
vaNpuhdhuva nagaR kOdhai malarpadhangaL vaazhiyE *

srIranga vaasinE bhooyaath nitya srer nitya maNgaLam |
srIranga vaasinE bhooyaath nitya srer nitya maNgaLam |

Now, prostrate before the Lord, take theertham and offer to others.

Panyankaasana

Offer a couple of flowers and/or thuLasi leaves at the Lord’s feet,
and say “Om namO naaraayaNaaya, panyankaAsanam
samarpayaami”.

Offer argya-paadya-aacamanlyam.
Place the Lord back in His usual place (if sALagrAmam, inside the
usual container etc.), and recite

pannaagadIsa panyankaE ramaa hasthOpa thaanaKEn |
sukham sOshva vrushaadheesha sudarsana surakshitam ||

ksheersagaara taranka seekaraa, 
chaara thaarakitha caaru moorthayE |
bhOgi bhOgi sayanIya saayinE |
maadhavaaya madhu vishvasE nama ||

upachaaraan apadEna kruthaan aharahar mayaa |
apachaaraan imaan sarvaan kshamasva purushoththama ||

uRaikal uRaikal oN sudar aazhiyE sangE 
aRiveRe naandaanka vaaLE azhakiya saarngamE thaNdE 
iRavu padaamaal irundha eNmar uOga paaleergaaL 
paRvaai aRaiyaa uRagal pALLi aRai kuri koNnim.

Pank kadalil pALLikOLai pazhagavittu – Odi vandhu en 
Manak-kadaluL vaazha valla maaya maNaLa nambi 
Thanik kadalE thani-c-cudarE thani ulagE enRenRu 
Unakku idamaai irukka ennai unakku uritthaakkinayE.

Prostrate before the Lord & aachaaryas and take prasaadam.

Note:
(i) The above material is primarily translated from the 
Ramanuja Sampradaya nithyaanushtaana kramam book 
published by LIFCO.

(ii) There are several procedures that are normally done,
that are not present in the above book; hence, we have 
added them to the procedure in this booklet

(iii) There are minor difference between this booklet & the 
procedure as taught by svaami maNaavaLa 
maamunigaL in Jeeyar padi; The primary difference is in 
the length of the aachaarya thiruvaaraadhana, and in 
the usage of “Om namO naaraayaNaaya”; svaami 
maNaavaLa maamunigaL teaches us to use "SrIrmathE
naaraayaNaaya namah everywhere, and many of us 
follow that procedure at home”.

(iv) At some future time, Vedics will translate the Jeeyar 
padi and make it available.
This booklet is intended to be a useful guide; by no means should this be considered as the only source to learn from. Please take the time to learn directly from your respective acharyas.

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Basic Tenets of VEDICS: www.vedics.net

FALL IN LOVE WITH GOD
Pray with sincerity humility and gratitude for atleast 15 minutes a day.

RESTRICT FOOD CONSUMPTION
Eat anything only after offering it to God.

MEDITATION
Meditate on the LORD, atleast thrice a day, atleast a minimum of 3 minutes each time. Chant Sri Vishnu Sahasranamam (the 1000 Holy Names of Lord Vishnu) once a day.

RESPECT FOR ALL THAT IS HIS
Strive to lead a life in which you will never hurt a fellow living being for any reason.

MONEY
Earn to live, educate, support and serve and not for the sake of pursuing materialistic desires.

CHARITY
Donate however little it may be to noble causes. Feeding the needy is the highest form of charity.

CONTENTMENT
Be happy and content that you are His. Thank your preceptors at least once a day for blessing you with this awareness.

ABSOLUTE FAITH
Place complete trust in the supreme LORD. Do not go against His way.

SELF – CONTROL
Strive to live a life free from selfish desire and anger.

Always adorn a peaceful smile; it will work on others and on you too (Always keep dwayam in your heart)

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